



We expect you to grow up to be such a person.

We showed just important contents only for child rearing in this booklet. This booklet is a tangible entity of your hope as a parent that your child grows healthy. There is an expectation to your child beyond the growth such as "I wish him/her to grow up to be this kind of person".

People in whole community also expect that all of the children in Kameyama will "grow up to be this kind of person". Toward the fulfillment of the hope, citizens in Kameyama discussed and adopted "Kameyamakko's civil declaration" that consists of following 6 articles.

What is "civil declaration" for?

The figures of children shown in "civil declaration" are all ordinary matters only. But we hope that every child acquires fundamental capability to live as a human in the future. In order to nurture ideal children, all of the "citizens" including yourself, local community, nursery school, kindergarten, school and local government have to act with considering what we can do and what we should do. As a result of the action, necessary capability will be acquired by children. Each citizen including you will also grow through the action to nurture ideal children. If you and all people around you grow and sparkle, the great power to raise children to higher level will be generated. The growth of everybody while enjoying child-rearing is the significance of "Kameyamakko's civil declaration"

"Kameyamakko's civil declaration"

1. Child who can say "Good morning." and "Thank you."
2. Child who keeps to the regulations and traffic rules
3. Child who enjoys exercise and reading
4. Child who cooperates with others to work
5. Child who values people and materials
6. Child who keeps holding dream in the future

KOSODATE MY BOOK

Our wish on this booklet

The very important tips for the healthy growth of your children are summarized in this "KOSODATE MY BOOK". Daily child-rearing is laborious. However, the time is very limited, irreplaceable and the most brilliant period among entire your life as well as your child's life. We prepared this booklet with our wish to aid you in such a wonderful time.

First of all, "Early to bed and early to rise, and breakfast"!!

Regular sleep and daily breakfast. "Early to bed and early to rise, and breakfast" will aid a lot for the growth of children!
The lifestyle habit acquired in childhood will last for a lifetime. We want to value it.

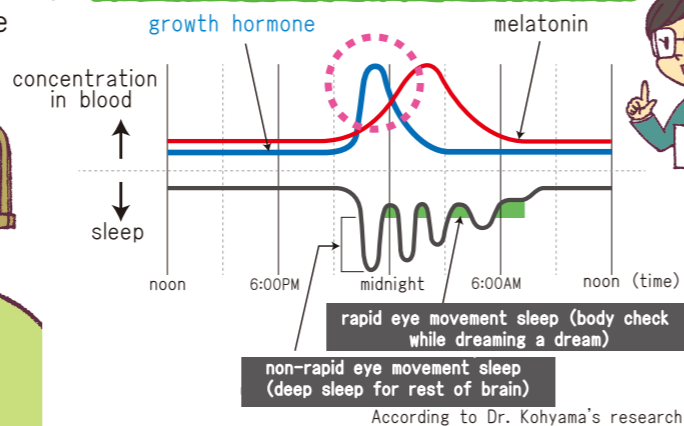
"Sleep brings up a child well." Is it true?

After you go to bed and start to sleep in the night, growth hormone is secreted when the first deep sleep comes. The growth hormone aids to grow body vigorously as well as enhances immunity function. It is said that the growth hormone starts to be secreted from 10 p.m. Have your child to get deep sleep by 10 p.m. at latest.



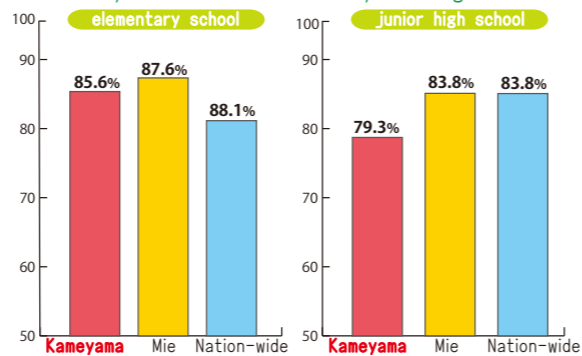
The peak of secretion of growth hormone is between 10 p.m. and 12 midnight.

Relationship between sleep and melatonin, sleep and growth hormone



Do you have breakfast every morning?

The percentage of children who answered they have breakfast every morning



[According to the nation-wide survey in FY 2014
* The percentage of children who answered they have breakfast every morning]

Breakfast is nutrients for brain.

The only energy source of brain is glucose. However, human can store glucose in liver only equivalent for 12 hours approximately. Therefore, no glucose is supplied more than 12 hours since previous night if you don't have breakfast. Supply various nutrients including glucose sufficiently with breakfast and condition your body so that you can be active until noon.



In order to protect children's health and enhance their academic ability



KOGAKKAN UNIVERSITY
Professor Akiko Komada

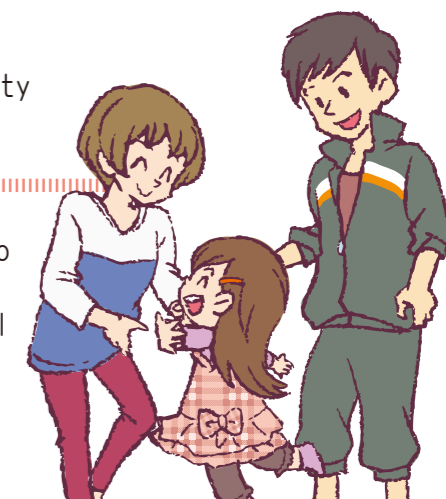
The only nutrient for brain is carbohydrate which is contained in staple food. If children don't have breakfast regularly to take staple food which will be nutrient for brain, their academic or physical activity will become insufficient. Also protein contained in side dish and vitamins contained in vegetables are deeply related with "immunity" which will protect body from diseases. It is essential to eat staple food, main dish and side dish from morning in order to enhance academic capability and to build a vigorous body. On the other hand, sweet buns or stuffed buns contain fat, carbohydrate and food additives, and they are rather inessentials than meal. The taste of fat, carbohydrate and food additives is called "hooked taste" and excessive intake will cause not only the abnormality of the sense of taste but also dependence on unbalanced unhealthy meal. It is important to cook with raw ingredients such as white steamed rice and miso soup with various ingredients that will reduce the time and labor of cooker. Remember that nothing is more deeply related to child's solid academic capability and healthy mind and body than facing to your child and making arrangement of child's daily life including meal. The result of your effort will surely appear when your child is at puberty or adult.



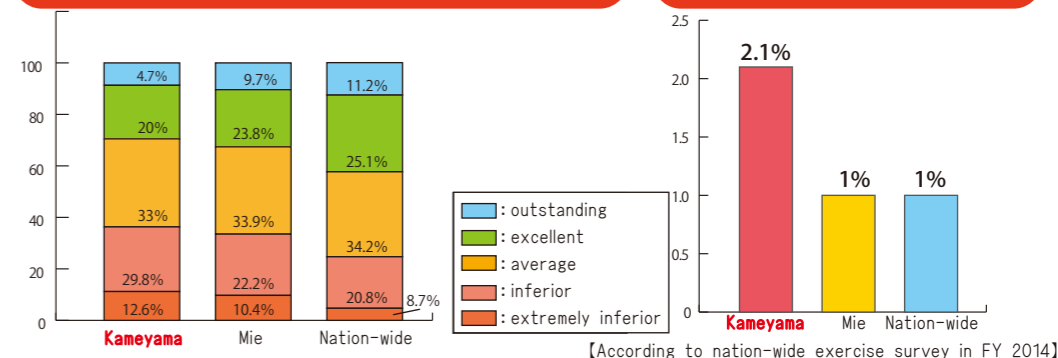
In childhood, it is important to get physical activity with various plays at least 60 minutes per day.

~ According to the guideline of childhood physical activity by Ministry of Education, Culture, Sports, Science and Technology ~

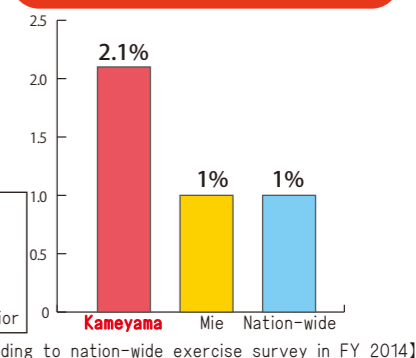
Which is longer for your child at home, watching TV, video game or physical activity?
Playing outdoor tends to not only develop child's physical capacity but also to acquire rich sensitivity. Let's start as a family whatever you can such as reviewing life rhythm of family or figuring out how to spend weekend.



Evaluation of physical capacity and exercise capacity of 5th grade elementary school male students



The percentage of highly obese children (5th grade elementary school male students)



Why is the exercise in childhood important?

1

It is an important period to foster the foundation of physical capacity and exercise capacity.

The development of neurological function in childhood is significant and it is said that about 80% of the development is completed by age 5 approximately. In other words, it is an important period in which "capability to adjust movement" such as moving in good timing or controlling strength of force is enhanced. This capacity will play an important role when children master new movement after childhood.



2

To acquire positive characteristics such as "motivated", "patient" and "social"?

For infants, moving with all their strength such as play with physical activity tends to foster positive attitude toward anything and prompt to nurture healthy mind.

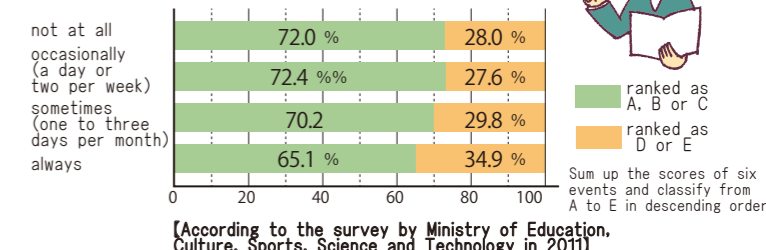
The less often children feel irritated, the higher their physical capacity tends to be.

3

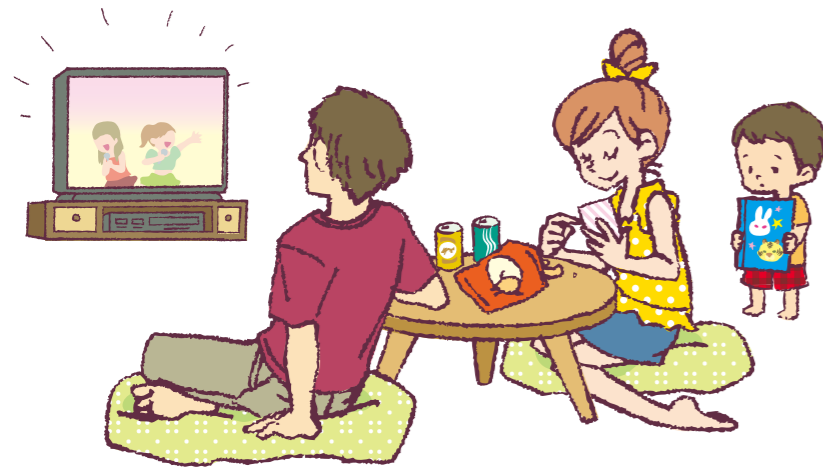
To be a child who can control emotion and play with friends nicely!!

Children in childhood tend to learn to cooperate with or to work with others, to keep rules, to control own ego and to communicate with others by being involved with friends through play.

Q Does your child feel irritated?



Let's deal with media smartly!



While new media such as smartphone have become widespread, don't many people feel uneasiness or question about the method for utilization of the media? The "media" can expand the area of communication and they are useful and convenient items for study and collecting information. On the other hand, the influence to life and behavior is also concerned about the dealing with media from the childhood.

How do you deal with media?

- I turn on TV as soon as I get up in the morning.
- I tend to leave TV on at home.
- I often fiddle around with mobile phone for long time even though I am with my child.
- I tend to reply my answer or make conversation while watching TV or mobile phone.
- I tend to lose my sense of time when I concentrate on Internet, video game or texting.

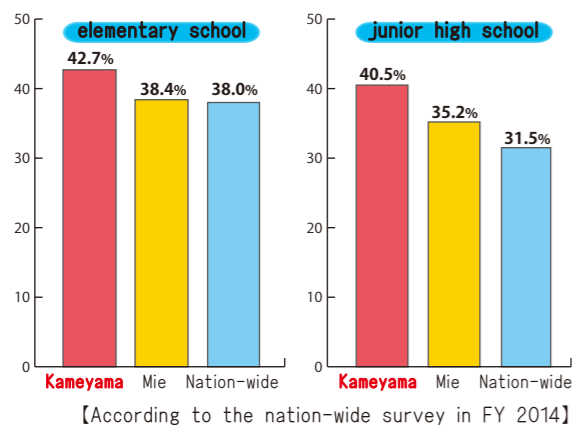
Let's check your father's and mother's degree of dependence on media.



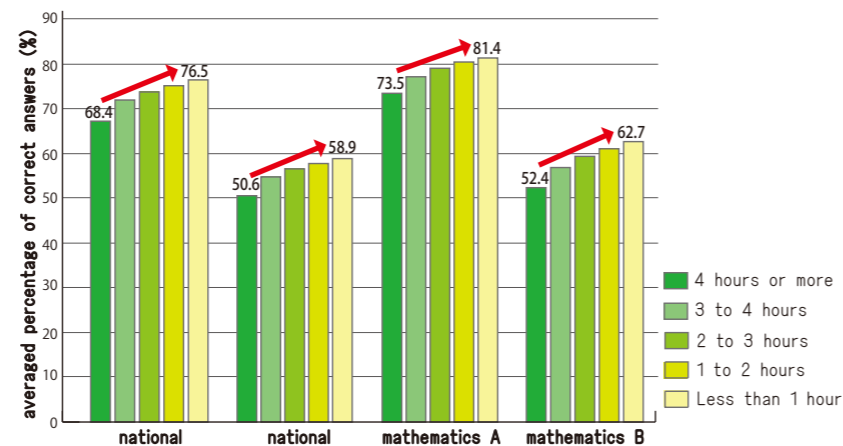
Caution needed for person who is applicable for many items!
The influence to child's life or behavior is concerned depending on how to use.

Elementary school students and junior high school students in Kameyama spend a lot of time for TV, video game, mobile phone and smartphone.

I watch or listen to TV, video or DVD for 3 hours per day (week day) or longer.



In week days (Mon. through Fri.), how long do you watch or listen to TV, video or DVD per day? (Exclude time for playing video game.)



(Relationship between the time spent for media per day (week day) and academic capacity) 【According to the nation-wide survey in FY 2014】

Relationship between children's sleep and smartphone



Ochiai Shōnika In Hospital Director, Dr. Hitoshi Ochiai

There is a hormone called melatonin which influences our sleep. Melatonin has an effect to induce natural sleep by switching between awakening and sleep, and it is also called "hormone for sleep". The secretion of melatonin is mainly adjusted by light. If you are under the intensive light in midnight, the secretion of melatonin is reduced and the signal of time for rest will not reach to biological clock that will be the cause of going into disorder of the rhythm of awakening and sleep. According to the US local research with 2,048 children (10.6 years old average) conducted between 2012 and 2013, it is reported that sleeping time of children went to bed with smartphone beside them is approximately 20 minutes shorter per day than the sleeping time of children without smartphone, while children with smartphone feel insufficient rest or sleep by 39% more than children without smart phone in this analysis. This report pointed out that comparing to TV, interactive media such as videogame or smartphone have a risk of delayed secretion of melatonin as players tend to operate devices with eyes closer to them. Japan Pediatric Joint Council considers that long screen time (time watching TV or PC) in the night time causes waking in a bad temper, feeling of sleepiness in daytime and lack of sleep. School age children spend their time at school from morning to evening as a matter of course, and they are busy after school till late at cram school or culture lesson. Among such busy schedule, we found that they start Internet, texting and video game from quite late time in the night. It is quite understandable that bed time is delayed due to watching hours is close to 2 hours.

In order to wake up feeling refreshed

- The owner of child's smartphone is guardian. Talk to your child about following basic commitment.
- Let's make a promise of keeping away from smartphone before bed.
 - When child borrows smartphone, make a promise to return it to guardian 2 hours prior to bed time.

8 articles to adjust biological clock

Time	Advice	Article
morning	Reset your biological clock!	Article 1 Throw open the curtain and let in the sunlight.
		Article 2 Do not shift the wake-up time on holidays more than 2 hours comparing to weekdays.
		Article 3 Start your activity of the day from breakfast.
Daytime	Be active!	Article 4 If you take a nap, take it by 3:00 p.m. , within 20 to 30 minutes.
Evening	Pace variation is important!	Article 5 Finish dinner by 2 hours prior to the bedtime.
night Going to bed	Avoid excitement of brain and body.	Article 6 One to two hours before going to bed, take a tepid bath.
		Article 7 Make the lighting of the bed room not well-lit.
		Article 8 Prevent to use PC, TV, mobile phone or videogame before going to bed.

【Supervised by Dr. Naohisa Uchimura, Professor of Kurume University, Medical Department, Neuropsychiatry Course, revised version】

To be a child who can say "I like myself."

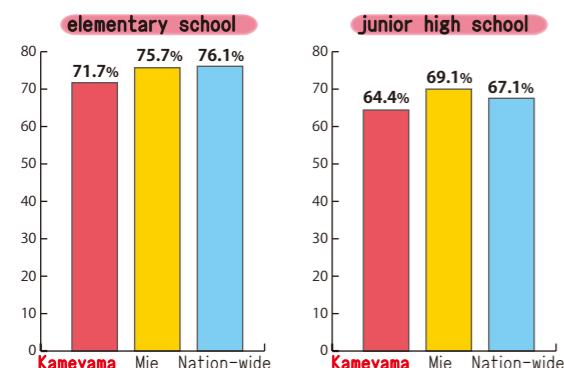
Enhance the child's self-affirmation.

When children realize they are beloved (to be important presence), they feel stabilized and are energized to be concerned with others or to face difficulty. If parents feel happy at home and contact their children with smile, children also feel at ease.



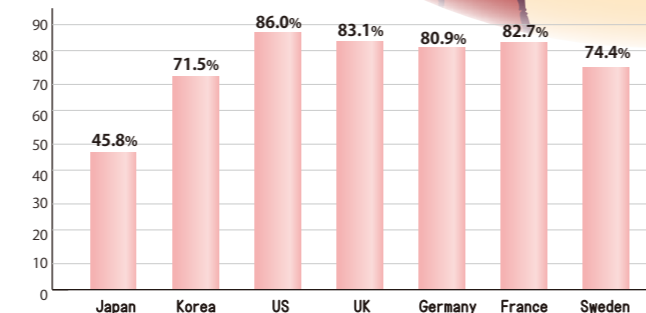
I think I have a good point.

The percentage of students who answered "applicable" or "rather applicable"



[According to the nation-wide survey in FY 2014]

I am satisfied with myself.

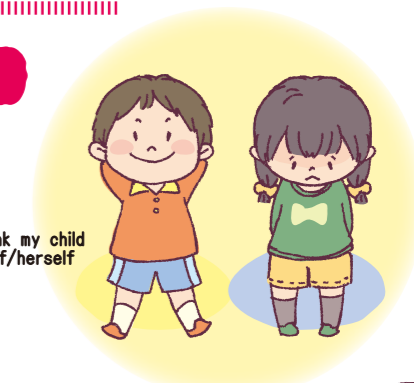
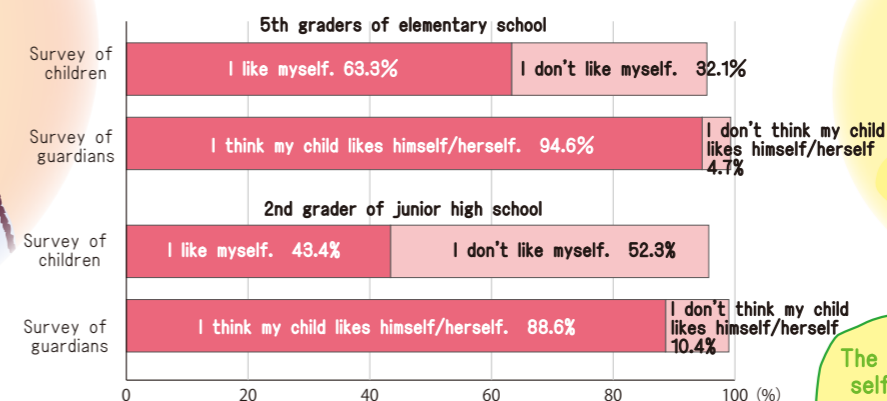


The percentage of total number of answers who replied either "I am satisfied with myself," "I think so," or "I'd rather think so." to the question of "How are you applicable to the following items?"

[According to the Cabinet Office survey in FY 2014]

According to the survey by Mie Prefecture in 2012

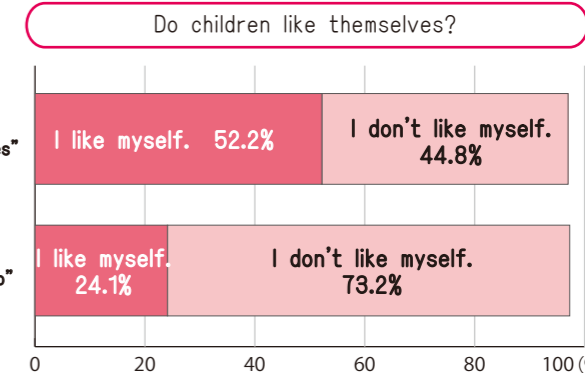
Do children like themselves? (Do guardians think that their children like themselves?)



The children's feeling of self-affirmation is not as high as adults (guardians) expect.

Relationship between adults' listening attitude and children's feeling of self-affirmation (survey for children)

Does adult listen to me when I decide about myself?



The feeling of self-affirmation of children contacted by adults (guardians) who have attentive listening attitude tends to be high and many of such children "have dream and hope for the future".

"Child raising technique to enhance the feeling of child's self-affirmation"



Clinical psychotherapist, Ritsuko Naka (Professor of Suzuka University)

Self-affirmation means the mind state in which you think "My presence is important." Then, what is the important presence? In a word, it is a state that "It's OK for you to be here as you are". This state is similar to the feeling of a mother who has a newborn baby. She would say "Thank you for coming to us. I'm so happy being with you. I don't want anything more but you." However, this emotion will change practically. It is said that child is a natural animal. Child will not grow as parents expect. Why is that? Child is born with "temperament" which is like a seed of character. Child is born with the direction he/she has to go (directionality) as if Elsa in "Frozen" was born with a capability to generate snow or ice. It is important for parents to understand the destination where child goes toward, to accept as he/she is, and to watch over him/her. Donald Woods Winnicott, a British pediatrician and psychiatrist said "A good enough mother" is appropriate for child rearing. "As is" is comfortable and it is a relaxed state. Everybody, let's relax your shoulder and aim moderate child rearing.

What is the feeling of self-affirmation?

- My presence is important.
 - I am needed.
 - I am beloved.
 - There is value in me.
- It's for children to have following feeling by themselves.

Feeling of self-affirmation = Confidence of own existence and important substance that will convert to energy to live

The higher child's self-affirmation is, the more motivated and positive mind he/she has.



If the portion of root is not stable, trunk will not grow and leaves will fall.